



## Lower Your Drug Costs

### So You Can Keep On Taking Your Medicines

It makes sense. Take your medicine just as your doctor says and for as long as your doctor says. But....

Drug costs are high. Everyone knows this, but it is especially hard on those living on a fixed income, such as seniors.

A study showed that 18 percent of people with chronic diseases like heart disease or diabetes could not buy at least one of their prescription drugs within the last year.

### Here are some hints on how to cut your drug costs.

1. **Ask your pharmacists for help.** Your pharmacist can work with your doctor to safely cut your drug costs. Bring a list of all medicines that you are taking.
2. **With your pharmacist, get the answers to these questions:**
  - Can I get my medicine in a generic form?
  - Is there a less costly drug that I can safely use for my condition?
  - Can I qualify for Medicare and therefore, be eligible for the Medicare Part D Prescription Drug Plan?
  - Ask if the pharmacy has special discount programs?
  - Ask if there are drug manufacturer or insurance programs that offer drug discounts?
  - Does my pharmacy offer mail order? Can I get a lower cost if I purchase a 90-day supply of my medicine?
  - Will my doctor prescribe a higher dosage, so I can use a pill cutter to cut the pills in half? (Note: this may not be an option for some medicines).
  - Do I really need the medicine? Do NOT decide this by yourself. Check with your doctor or pharmacist.
3. **Try contacting your community health center.** Community health centers may provide some help in lowering drug costs. Call 1-888-275-4722 (toll-free) to find a center near you.

